

Bicycle Safety Facts

- **Each year, nearly 1,000 persons die from injuries caused by bicycle crashes**
- **550,000 persons yearly are treated in emergency departments for injuries related to bicycle riding.**
- **Approximately 6% of the bicycle riders treated in emergency departments require hospitalization.**
- **Head injuries account for**
 - **62% of bicycle-related deaths,**
 - **for 33% of bicycle-related emergency department visits, and**
 - **for 67% of bicycle-related hospital admissions.**
- **The use of bicycle helmets is effective in preventing head injuries**
- **Bicycling is a popular activity in the United States. Bicycles are owned by approximately 30% of the U.S. population, and 45% of bike owners ride at least occasionally**

Bicycle Safety Facts

- Every six hours a bicyclist is fatally injured.
- 49% of all bicyclist deaths occur to children age 16 or younger.
- Each year, nearly one million children are treated for bicycle-related injuries in U.S. Hospital emergency rooms or in other medical settings.
- One in seven children suffers head injuries in bicycle-related accidents.
- Two-thirds of all bicycle accidents are not with an automobile.

Bicycle Safety Tips

- **Always obey all traffic laws.**
 - **Ride on the right-hand side of the road with the flow of traffic.**
 - **Stop at all red lights and stop signs.**
 - **Signal before making turns.**
 - **Use a headlight and reflectorized safety equipment at night.**
 - **Always wear a helmet when riding**
 - **Wear bright clothing with reflective strips particularly at night.**
 - **Be sure your bike is in proper operating condition before each ride.**
 - **Ride with traffic, never against it**
 - **Watch for turning vehicles and vehicles exiting driveways.**
 - **Watch out for opening doors on parked cars**
 - **Ride on bike trails and streets with bike lanes whenever possible.**
 - **Never ride double or carry packages that obstruct your view or interfere with your control of the bike**
 - **Teach your children the rules of the road for their protection.**
- Responsible bicyclists are involved in fewer accidents.**

10 Smart Routes to Bicycle Safety

- **1. Protect your head. Wear a helmet.**
- **2. See and be seen.**
- **3. Avoid biking at night.**
- **4. Stay alert. Always keep a lookout for obstacles in your path.**
- **5. Go with the flow. The safe way is the right way.**
- **6. Check for traffic. Always be aware of the traffic around you.**
- **7. Learn rules of the road. Obey traffic laws.**
- **8. Assure bicycle readiness. Make sure your bicycle is adjusted properly.**
- **9. Stop it. Always check brakes before riding.**
- **10. Don't flip over your bicycle. Wheels should be securely fastened.**

Bicycle Safety Web Sites

- <http://www.state.il.us/kids/isp/bikes/default.htm>

State of Illinois – safety test, helmets, rules, dos and don'ts,

- <http://www.cdc.gov/ncipc/bike/default.htm>

National Bicycle Safety Network – articles and information, links, organizations

- http://kidshealth.org/kid/watch/out/bike_safety.html

discussion of bicycle safety with rules and tips

- <http://www.nhtsa.dot.gov/people/injury/pedbimot/10bike/>

Ten Smart Routes to Bicycle Safety

- <http://www.ci.walnut-creek.ca.us/bicyclesafety.html>

bicycle safety facts, laws and tips